TIMETABLE A

	TRACK	FIELD LONG	TRIPLE	HIGH	POLE	SHOT	DISCUS	JAVELIN	HAMMER
12:00		O35 M&W						Open Women	
12:05									
12:10									
12:15									Open/U18 M
12:20									
12:25									
12:30	3K/1.5km Walk	U14 Men						U18 Women	
12:35	All Ages								
12:40									
12:45									
12:50									
12:55									
13:00	110Hurdles				High Start				O35 M&W
13:05	Open &U18 Men				All Ages				
13:10	100 Hurdles	Open Women							
13:15	Op&U18 W, U16/O35 M							U14/16 Women	
13:20	90 Hurdles								
13:25	U16/O35W, U14M								
13:30	80 Hurdles								U14/U16 Men
13:35	U14W								
13:40									
13:45									
13:50		U16/U18 Men							
13:55									
14:00	1500m							O35 M&W	
14:05	All Ages								
14:10									
14:15						U18 Men			
14:20									
14:25									
14:30	100m								
14:35	All Ages								
14:40									
14:45		U14/16 Women							
14:50					Low Start				
14:55					All Ages				
15:00						Open Men	Open/U18 Women		
15:05									
15:10									
15:15	400m								
15:20	All Ages								
15:25									
15:30									
15:35									
15:40									
15:45		Open Men				U16/U14 Men			
15:50									
15:55									
16:00	4x100m Relays						U16/U14 Women		
16:05	All Ages								
16:10									
16:15									
16:20									
16:25									
16:30	2k/3k Steeple-Low	U18 Women							
16:35	2k - U16/O35 M&W, U18W								
16:40	3k - Open W								
16:45									
16:50	2k/3k Steeple-High								
16:55	2k - U18 M								
17:00	3k - Open M								

TIMETABLE B

FIELD

	TRACK	LONG	TRIPLE	HIGH	POLE	SHOT	DISCUS	JAVELIN	HAMMER
12:00						O35 M&W	Open/U18 Men		
12:05									
12:10									
12:15			U16/U14 Men						
12:20									
12:25									
12:30	5k/1.5k Walk					U14/U16 Women			
12:35	1.5k - U14/U16 M&W			High Start					
12:40	5k - U18,O35,Open M&W			All Ages					
12:45									
12:50									
12:55									
13:00			U16/U14 Women				U16/U14 Men		
13:05									
13:10						Open/U18 Women			
13:15	400m Hurdles								
13:20	U18,Open M&W								
13:25				Low Start					
13:30	200m Hurdles			All Ages					
13:35	U16, O35 M&W								
13:40									
13:45	60m								
13:50	All Ages								
13:55									
14:00			Open/U18 Men				O35 M&W		
14:05									
14:10									
14:15									
14:20								U18/Open Men	
14:25									
14:30	800m			Medium Start					
14:35	All Ages			All Ages					
14:40									
14:45									
14:50									
14:55									
15:00			O35 M&W						Open/U18 Women
15:05									
15:10									
15:15	200m								
15:20	All Ages								
15:25									
15:30			Open/U18 Women					U16/U14 Men	
15:35									
15:40									
15:45									U16/U14W
15:50									
15:55									
16:00	Sweidsh Relays								
16:05	All Ages								
16:10									
16:15									
16:20									
16:25	3k/5k								
16:30	3k - All Ages								
16:35	5k - U18, O35, Open M&W								
16:40									
16:45									
16:50									
16:55									
17:00									